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Canada Innovates

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TENNIS TAKES BACK SEAT

Vancouver's Rebecca Marino plays a forehand during the Aegon Classic in June 2011 in Birmingham, England. Marino, who was once ranked No. 38 in the world, announced Wednesday that she has been battling depression for the past six years and is stepping away from professional tennis. Story, page 34. MATTHEW LEWIS/GETTY IMAGES

Critics pile on after Kits coast guard base shut

Hovercraft controversy a-floatin'? Doubt raised over performance of boats in stronger winds

LIAM BRITTEN
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Unsuitable vessels, inexperienced crews and displaced responsibility are among the concerns flowing in the wake of Tuesday's closure of the Kits coast guard station.

On Wednesday, Jericho Sailing Club general manager Mike Cotter questioned the suitability of hovercrafts that the coast guard operates out of Sea Island in Richmond.

He said wind exceeding 40 knots (74 km/h) will prevent the hovercrafts from achieving top speed. He likened the effect to strapping an air mattress to a car's roof and driving on a freeway.

"(They) would really be ineffectual," he said. "They're not going to be able to go at any emergency speed."

Coast guard Acting Assistant Commissioner Gary Sidock refused to answer questions about the hovercrafts' performance in 40-knot winds.

"I'm not going to engage in a technical speculative conversation," he said.

Environment Canada meteorologist David Jones estimated winds reach 40 knots locally about two to three times monthly from October to April, and maybe once monthly other times of the year.

Cotter also said the volunteers of Royal Canadian Marine Search and Rescue can't match the training and experience of professionals.

"It might be 30 minutes before they can muster their crew at the dock," Cotter said. "Kits gets six calls in a day.... At what point are they going to burn out? Because they all have professional lives outside of auxiliary."

Sidock defended the training of the volunteer replacements, and said Vancouver was at no additional risk with the station's closing.

Vancouver fire Chief John McKearney said his department was completely unprepared for the Kitsilano station's closure and accused the coast guard of displacing responsibility onto local officials.

"The fire department and police department's role is to assist the coast guard's operations, not to be the first responder, because they're removing resources," he said.

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Vancouver-False Creek

Former mayor Sam Sullivan wins nomination

Former mayor Sam Sullivan came out the victor in the battle between political heavyweights in Vancouver–False Creek.

Sullivan beat former MLA Lorne Mayencourt and political newcomer lawyer Brian Fixter — who positioned himself as a new voice in a flailing party — on Wednesday night to win the Liberal nomination to represent the riding in B.C.'s May election.

Most expected Sullivan and Mayencourt to be head-to-head in the race, but Sullivan had a clear victory, with 273 votes to 202. Fixter received 40 votes. Of the nearly 1,800 people eligible to vote, only 517, less than 30 per cent, cast ballots.

Sullivan, a renowned advocate for the disabled, left a long career in municipal politics in 2008 when Peter Ladner ousted him as the Non-Partisan Association's mayoral candidate. He has since hosted public salons and contributed to a variety of civic policy initiatives.

He "loved" his stint in academia, but after five years of reflection is ready to present himself to the public. "I realized ideas and thoughts without action are nothing — you've got to put them to use," he said after his win. "I'm hoping to do that."

As for competition from the NDP and the shift to provincial politics, he said he'll be himself and the public will decide if he's the right person for the job.

Mayencourt, who held the seat in Vancouver-Burrard before he stepped down for an unsuccessful run for the federal Conservatives, congratulated Sullivan before making a hasty exit.

Sullivan will run against the NDP's Matt Toner, an entrepreneur with clout in the gaming and tech industries. EMILY JACKSON/METRO

Alex Grünenfelder, founder of the "Cube Living" project, at the showroom where he's selling space, one cubic foot at a time. EMILY JACKSON/METRO

Affordable spaces: The new cubism

'Cube Living'. Vancouver's soaring real estate, shrinking condos prompt designer to get people thinking about space

EMILY JACKSON
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One of the smallest units of space ever sold in Vancouver can be yours for as little as $1.

Designer and "Cube Living" project developer Alex Grünenfelder is selling 300 recyclable cardboard boxes, each one cubic foot in size, to get people thinking about how space is bought and sold in this city of soaring real estate prices and ever-tinier condos.

Sure, not much of anything fits inside the space, but the project is already more than two thirds sold, Grünenfelder said at his showroom, an artist-run centre at 221 East Georgia St. that explores design.

Owners can either take possession of the space immediately or leave it at the centre to be maintained for a fee — similar to a strata project, just faster and on a smaller scale, Grünenfelder explained.

He started the project before the crash in 2008 when real estate in Vancouver was "insane" and Sam Sullivan introduced the "eco-density" program. The idea was that building more condos would drive prices down and density would encourage sustainable living.

But properties have since become pricier and businesses have migrated to the suburbs, creating a reverse commute for some, Grünenfelder said. Instead of advocating for smaller living spaces, his project looks critically at how developers create value by simply dividing properties into smaller pieces.

As the market shows signs of slowing, "it seems the only viable thing to do at this point is to subdivide the space into even smaller units that are even easier to buy and sell than an entire condo," he said.

Enter his cardboard-box properties, on sale at the centre — complete with a smiling cardboard-cutout saleswoman — until Saturday. If he recoups his costs, 50 per cent of the profit will go to a charity that supports design.

People have gotten a bit of a laugh out of the project so far, he said, except for one neighbour who was afraid it was a sales office for an actual condo project. She was relieved to discover otherwise.

Quoted

"It seems the only viable thing to do at this point is to subdivide the space into even smaller units that are even easier to buy and sell than an entire condo."

Alex Grünenfelder, designer and "Cube Living" project developer

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Long Table Distillery founder Charles Tremewen shows off the copper and stainless steel still used to produce gin and vodka at Vancouver's first micro-distillery. JENNIFER GAUTHIER/METRO

Straight outta the still

Raise your glass. Vancouver's first micro-distillery opened its doors the day after new liquor laws were announced

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If you've been looking for made-in-Vancouver spirits, your glass would have been pretty empty before this month.

But now there's a seat — and a sip — for you at the Long Table Distillery.

Located in a small, clean and modern storefront at 1451 Horby St., Long Table became Vancouver's first micro-distillery when Charles Tremewen, with his wife Rita, opened its doors Feb. 9.

Living up to its name, a long redwood table greets patrons in the tasting room — offering visitors a sip of the distillery's London Dry gin or Texada Stoned vodka and a clear view of a stunning, shiny copper still that it came from on the other side of Long Table's wall-to-wall display glass.

Long Table Distillery currently sells a London Dry gin and Texada Stoned vodka. JENNIFER GAUTHIER/METRO

All while the distiller (Tremewen himself) is on hand to share the drink's story and share his undeniable enthusiasm for the art of spirit making.

"That's a really sweet relationship," said Tremewen, who plans to expand his range of spirits using local ingredients over time.

Wine and beer connoisseurs are already used to that level of intimacy, but it's a new experience for Vancouver spirit drinkers.

So Tremewen isn't surprised people have already stumbled into the distillery assuming it's the city's newest bar or lounge.

"The concept of coming in and doing a tasting and then buying the product is kind of new (in Vancouver)," said Tremewen. "We've had people come in and ask, 'Can we get a drink here?' Of course, they're from the local neighbourhood and think a lounge has opened up, and that's not the case."

For him, it's so much more.

For others, it will be the guinea pig for a scene that's set to explode in the city now that the province has introduced laws that open the door for future micro-distilleries.

The Long Table Distillery is open to public Friday and Saturdays, from 10 a.m. to 6 p.m or by appointment at longtable-distillery.com.

And that's not all ...

For more online, visit metronews.ca

Charles and Rita Tremewen decided to open an artisan distillery in Vancouver after taking a tour of Portland's booming spirits industry. JENNIFER GAUTHIER/METRO

Long Table Distillery

The first pour

Long Table Distillery won't be the only artisan spirit maker in Vancouver for long.

The province announced an overhaul of liquor laws Feb. 8 that will allow small-batch distillers to thrive.

On-site consumption, direct business relationships with off-site establishments, and markup-exempt direct sales are among the changes being drafted to make lives easier for artisan distillers.

"The new craft laws are quite liberal," said Charles Tremewen, who expects three or four other micro-distilleries to open in Vancouver in the short-term. "It's opening up some really interesting things."

Long Table Distillery is currently the eighth micro-distillery (producing a maximum of 50,000 litres) in British Columbia. METRO

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TransLink's governance model stalls progress: Expert

Bad news is good for mayors' council. Consultant found lack of transparency and authority

KATE WEBB
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Frustrated by years of appeals to the province for new transit-funding streams, the TransLink mayors' council got its first taste of ammunition Wednesday to help it shoot for a governance overhaul ahead of the May provincial election.

The mayors' council was set up to, among other things, appoint experts to a new TransLink board after the province dissolved the elected board.

The mayors hired independent planning and policy consultant Ken Cameron in December to look at ways the governance model could be improved.

Cameron presented a draft paper to the mayors' council Wednesday that found TransLink lacks transparency, accountability and adequate legal powers to address the major funding challenges that go along with a growing population.

Mayors' council chair Richard Walton said he will wait for Cameron's final recommendations in mid-March but suggested he might advocate replacing council with a provincial-regional hybrid board with the authority to raise funds however it finds appropriate.

"Right now, there's nobody from the province in the room right here for our meeting. There's nobody from the province and there's nobody from the TransLink Board," the North Vancouver District Mayor said.

B.C. Liberal candidate and former mayors' council vice-chair Peter Fassbender said he favours the province simply giving the mayors the power to set their own priorities and approve new funding streams.

"Just give us an open hand, and we'll be accountable," he said in the meeting after Richmond Mayor Malcolm Brodie noted provincial governments are always reluctant to approve new streams because they fear political consequences.

Fassbender said B.C. Transportation Minister Mary Polak has expressed openness to changing TransLink's governance model, but she told a Surrey newspaper earlier this month her government is "nowhere near a decision" about the mayors' request for a regional-sales-tax increase of 0.1 to 0.5 per cent.

Shared responsibility

"You need to have representatives of both levels of government in some way at the table, sharing the decision-making process."
Mayors' Council Chair Richard Walton

A paper presented to the TransLink mayors' council Wednesday found TransLink lacks transparency, accountability and adequate legal powers to address major funding challenges. JENNIFER GAUTHIER/METRO

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Miscarriage of justice in sex-assault conviction, says special prosecutor

A miscarriage of justice occurred in a sexual-assault conviction in the 2004 gang rape of a 19-year-old woman left pregnant by one of her attackers, the criminal-justice branch announced Wednesday.

Gurdev Singh Dhillon was convicted of sexual assault for his role in the attack on the woman in Surrey. His appeal of the conviction was dismissed in 2006.

Neil MacKenzie, spokesman for the criminal-justice branch, said officials became aware in 2011 that evidence about the case was not disclosed to the Crown and therefore not disclosed to the defendant.

"As a result of the ongoing investigation into the identities of additional suspects in relation to the original incident ... during the course of that, Crown counsel learned of the existence of material evidence that had not been disclosed at the time of the original trial and subsequent appeal," MacKenzie said.

That information has now been disclosed, MacKenzie said, and it will be up to Dhillon and his counsel to decide whether to seek an appeal with the Supreme Court of Canada.

RCMP said it was their own review of the case that year that raised a red flag and determined that the initial investigation "did not sufficiently consider additional avenues regarding other potential suspects."

In September 2011, RCMP asked Delta Police to conduct an independent external review and re-investigate the original complaint. The Crown appointed special prosecutor Peter Wilson.

Earlier this month, Wilson approved sexual-assault charges against two men: Mohammed Zaaid Ukhttar and Sital Singh Bhatti. The two men are scheduled to appear in court in Surrey on April 5.

The sexual assault was described by the B.C. Appeal Court as "violent and serious." THE CANADIAN PRESS

Contract

BCIT's faculty, staff sign new four-year agreement

The 2,200 faculty and staff at the B.C. Institute of Technology have ratified a four-year contract agreement.

The first two years of the deal fall under the provincial government's so-called net-zero wage mandate, giving workers no wage increase.

The remaining two years of the agreement include what are being called modest wage increases.

The union represents instructors, assistant instructors and technical staff at the institute.

Advanced Education Minister John Yap says the agreement shows that the government's co-operative gains mandate is working and savings can be found within existing budgets to fund wage increases.
THE CANADIAN PRESS

Pacific salmon. B.C. set to get official fish

Pacific salmon could soon join the Spirit Bear and Steller's jay as one of the province's official creatures.

The designation is proposed as part of an omnibus bill of statute amendments, ranging from clean energy to liquor control and forensic psychiatry, that was tabled on Wednesday by Minister of Justice and Attorney General Shirley Bond.

Amending the Provincial Symbols and Honours Act to include Pacific salmon would recognize the high significance of the fish to First Nations culture, commercial and recreational fisheries and the environment, a government news release says.

The Pacific Salmon Foundation has advocated for the official title since 2010. Chinook, sockeye, coho, chum and pink salmon, as well as steelhead and cutthroat trout, will be included in the designation if the bill passes. EMILY JACKSON/METRO

West Kelowna

Murdered couple targeted: Police

Two people found murdered in West Kelowna on Monday night were victims of a targeted attack, police say. Tiffany June Goruk, 30, and Jeremy Daniel Snow, 33, both of West Kelowna, were found in a black SUV. RCMP say a witness reported seeing a man run from the scene. A tips line has been set up to gather information about the killings. THE CANADIAN PRESS

Phalanx Mountain

Skier dies near Whistler

A 19-year-old skier died of blunt-force chest trauma on Wednesday after falling and hitting a rock while backcountry skiing near Whistler. His skiing companion called search and rescue after he dropped off a terrain feature on Phalanx Mountain, but the man lost consciousness and stopped breathing before help arrived, Whistler RCMP say. Police are investigating the death. EMILY JACKSON/METRO

'She had the sweetest smile'

Elisa Lam found dead. Friends recall Vancouver woman's 'outgoing' personality

PHYLICIA TORREVILLAS
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Friends and family are mourning the death of Vancouver's Elisa Lam, whose body was found on Tuesday in a water tank at a Los Angeles hotel. She had been missing since Jan. 31. CONTRIBUTED/LAPD

Those who knew Vancouver's Elisa Lam said she will be remembered for her sweet smile and outgoing personality.

A maintenance worker discovered the 21-year-old's body wedged in a water tank at the Cecil Hotel in downtown Los Angeles on Tuesday, after guests complained of low water pressure.

Officer Diana Figueroa of the Los Angeles Police Department said investigators used body markings to identify Lam, who had been missing since Jan. 31.

She said police are trying to determine if her death was the result of foul play or an accident and have notified Lam's family.

Yvonne Chung went to the same high school as Lam, who was a year older, and remembered her as "incredibly outgoing" and somebody who was friends with everybody.

"And really, she had the sweetest smile," she said on Wednesday.

Teika Steins, manager of the Planet Traveler hostel in Toronto, said Lam stayed there for about a week in early December and she never noticed any odd behaviour from the University of B.C. student.

"Her personality was very contagious," she said. "She had a very charismatic personality and we were drawn towards it. She'd run down the stairs, bouncing up and down.

"We have a lot of people come and go, but when you have people like Elisa who are cheerful all the time and very welcoming to people, you just remember them," Steins said, adding Lam joined her and other hostel staff for dinner once.

The Los Angeles coroner's office said autopsy results are expected on Thursday.

The Cecil Hotel is near that city's skid row, which is notorious for its drug users and homeless people.

The hotel had also once been the occasional home to infamous serial killers such as Richard Ramirez, known as the Night Stalker, and Austrian prison author Jack Unterweger, who was convicted of murdering nine prostitutes in Europe and the United States, the Los Angeles Times reported.

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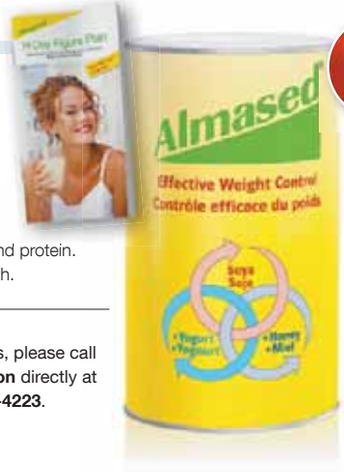

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Son of B.C.'s top blood donor continues father's legacy

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Today's donor base nearly 100,000 less than will be needed in 2015

PHYLICIA TORREVILLAS
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Giving blood runs in the Bernstein family.

Frank Bernstein was B.C.'s top donor, single-handedly donating 532 times to the Canadian Blood Services since the mid-60s.

The 72-year-old died in July 2011 from cancer and his son is continuing his legacy.

Neil Bernstein made his first blood donation in January 2012 and has been a regular donor since then, encouraging others to do the same.

"He did so much that somebody has to keep that going," the 46-year-old told Metro Wednesday after donating blood at a clinic on Oak Street. "Just knowing what I'm doing is saving and helping somebody feels really good."

Through social media and word of mouth, Bernstein rallied 181 people — 15 of whom were first-time donors — to register with the Partners for Life group, which now gives blood in his father's name.

By the end of 2012, the group's members had donated 641 times, surpassing his father's record.

Kathy Broad-Scott of Canadian Blood Services said she hopes that the Bernsteins have inspired people to donate.

Running low

"Our loyal donor base is aging and as they age, they leave the blood-donating system. We need to bring people in."
Kathy Broad-Scott of Canadian Blood Services

Neil Bernstein, son of B.C.'s top blood donor, gives blood Wednesday at a donor clinic on Oak Street in Vancouver. PHYLICIA TORRVILLAS/METRO

"Our loyal donor base is aging and as they age, they leave the blood-donating system. We need to bring people in," she said. "In 2015, across Canada we have to have a donor base of 500,000 and now we only have 413,000."

Neil's mother Caron said she's proud of what her husband and son have accomplished.

"(Frank) has his picture on the wall here with a big smile on his face," she said. "He's not only looking at people as they give, but he's looking down from heaven thanking everybody."

Voters want results, not empty promises: Clark

B.C.'s premier insists voters don't want their politicians to make expensive promises during the election campaign this spring.

If she's right, it will be a happy coincidence for the governing Liberals, whose budget this week left little room for the party to craft an extravagant election platform.

Instead, Premier Christy Clark says she believes voters will be impressed her government focused on balancing the books rather than resorting to a "goodie-bag budget."

"I think people see political promises for what they are, and I think when politicians wander around on the hustings and are promising something here and something there, people see through it," Clark said after a speech in Vancouver on Wednesday, a day after her government tabled its latest budget.

Christy Clark THE CANADIAN PRESS

"I think people are just sick to death of politicians trying to buy them with their own money."

A day earlier, Clark's Liberals unveiled a fiscal plan that will raise taxes on corporations and the wealthy and sell off government assets to balance the budget — but just barely — in the coming year. It included few new spending promises.

She has now started the difficult task of convincing the public a balanced budget should be enough to reward her government with a fourth term, in what will be her first general-election campaign as party leader.

Clark repeated her party's mantra that the budget is about making difficult choices in what are still uncertain economic times. THE CANADIAN PRESS

Insurance fraud

Lying to ICBC costs couple $200K

A couple who lied to the provincial insurance agency in hopes of saving barely $800 in premiums has instead been ordered to pay the Insurance Corporation of British Columbia more than $200,000.

In imposing the judgment on Bahadur and Amarjeet Panag, of Surrey, Justice Christopher Grauer wrote "rationality is seldom the partner of deception."

He found the Panags began lying after a May 2, 2006, crash, arranging for a friend to claim he was an independent witness to the collision, which occurred when Amarjeet Panag missed a stop sign at a busy intersection and was T-boned by an oncoming vehicle.

The friend, Harinder Grewal, whom Grauer refers to as a "self-confessed liar," never saw the crash but mirrored Panag's claim that the oncoming car had blown through a pedestrian-operated red light, hitting Panag as she and two other vehicles crossed the intersection.

Grauer sides with another witness and the driver of the oncoming car, who reported Panag's vehicle never slowed for the stop sign.
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Ashley's 'happiest' days

Troubled teen's early years. Smith always had 'a smile on her face,' her adoptive mother tells inquest

A homebody. An independent child who always had a smile on her face.

The adoptive mother of Ashley Smith painted this happy picture Wednesday of the troubled teenager who strangled herself in her prison cell.

"You never saw that girl without a smile on her face," Coralee Smith testified at the Toronto inquest into Ashley's death. "Most of her life, she was smiling and happy."

Coroner's counsel Marg Creal asked what Ashley liked.

"Oh my goodness, what did Ashley like? Quiet time and doing her own thing. She loved her doll," Smith answered, her hands twisting a piece of paper. "Ashley was very independent."

Ashley was 19 when she strangled herself in her cell at the Grand Valley Institution in Kitchener, Ont., as guards, ordered not to intervene, watched. She had spent most of her last three years in segregation cells.

Coralee Smith, of Moncton, N.B., described how she and her husband of two years, Harold, adopted Ashley as a three-day-old in 1988.

The relationship with Harold soon ended, and Smith got involved with Herb Gorber when Ashley was about three and a half years old.

Ashley became obsessed with knowing details of her parentage, Smith testified.

In Grade 9, Ashley was expelled for disruptive behaviour. She saw a psychiatrist. "She opined Ashley was just a normal teenager," Smith said.

At the start of Smith's evidence, coroner Dr. John Carlisle expressed "heartfelt and sincere condolences" for her daughter's death.

THE CANADIAN PRESS

Quoted

"I'm too fat and I have acne."

Ashley Smith, talking after a session with a psychiatrist, according to Coralee Smith, her adoptive mother.

Coralee Smith, the adoptive mother of Ashley Smith, walks with lawyer Julian Falconer into the Toronto coroner's court on Wednesday. The inquest heard that Ashley wanted to know about her adoptive father, but Smith said she didn't have much information to give her. MICHELLE SIU/THE CANADIAN PRESS

A 'bad law'

Judge sounds off on mandatory minimum terms

A mandatory minimum sentence enacted by the federal Conservatives that sees first offenders sent to prison for three years on a gun-possession crime is a "bad law," one of Ontario's most senior judges said Wednesday.

Appeal Court Justice David Doherty is one of five judges hearing six appeals involving mandatory minimum sentences.

THE CANADIAN PRESS

Probe demanded

Tories gagging scientists: Groups

The Conservative government is being accused of suppressing the release of scientific information.

The Environmental Law Centre at the University of Victoria and Democracy Watch are asking the federal information commissioner to investigate efforts to obstruct access to government scientists.

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TESTIMONIAL
After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P, 2012-05-04.
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The chief magistrate must now decide whether the testimony is enough to deny bail. THEMBA HADEBE/THE ASSOCIATED PRESS

Prosecution falters in Pistorius case

Murder charge. Police offer shaky testimony, admit forensic blunders

The prosecution case against Oscar Pistorius began to unravel Wednesday with revelations of a series of police blunders and the lead investigator's admission that authorities have no evidence challenging the Olympian's claim he killed his girlfriend accidentally.

Detective Hilton Botha misjudged distances and said testosterone — banned for professional athletes in some cases — was found at the scene, testimony the prosecution withdrew, saying it was still being identified.

Early Thursday, Police Brig. Neville Malila revealed that Botha is scheduled to appear in court himself in May on seven counts of attempted murder. Malila says Botha and two other police officers fired shots while trying to stop a minivan in a 2011 incident.

Meanwhile, the second day of what was supposed to be a mere bail hearing resembled a full-blown trial for the 26-year-old double-amputee, with his lawyer, Barry Roux, tearing into Botha's testimony.

Police, Botha acknowledged, left a 9-mm slug from the barrage that killed Reeva Steenkamp inside a toilet and lost track of illegal ammunition found inside the house. And the detective himself potentially contaminated the crime scene by not wearing protective shoe covers.

Pistorius says he mistook Steenkamp for an intruder, while prosecutors say he planned the killing and attacked her as she cowered behind a locked bathroom door.

The day seemed to start well for the prosecution: Ballistic evidence, Botha said, showed the bullets that killed her had been fired from a height, supporting the prosecution's assertion that Pistorius was wearing prosthetic legs when he took aim. The athlete has maintained he was standing on his stumps.

THE ASSOCIATED PRESS

Outside info

Accused applied for more guns

Oscar Pistorius applied for firearm licences for six more guns weeks before the shooting death of girlfriend Reeva Steenkamp, according to records obtained by The Associated Press.

The applications were made Jan. 22, three weeks before Pistorius shot his girlfriend dead with a licensed 9-mm pistol.

In details obtained from the South African Police Service's National Firearms Center, Pistorius applied for licences for a Smith & Wesson model 500 revolver, a .38-calibre Smith & Wesson revolver, a Vector .223-calibre rifle and three shotguns: a Mossberg, a Maverick and a Winchester.

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Jason Leigh, co-inventor of the CAVE2 virtual-reality system, poses with his 3D glasses. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Futuristic shades

Virtual reality. 3D glasses could change the way doctors are trained and improve patient care: Inventor

Take a walk through a human brain? Fly over the surface of Mars? Computer scientists at the University of Illinois at Chicago are pushing science fiction closer to reality with a wrap-around virtual world where a researcher wearing 3D glasses can do all that and more.

In the system, known as CAVE2, an eight-foot-high screen encircles the viewer 320 degrees. A panorama of images springs from 72 stereoscopic liquid-crystal display panels, conveying a dizzying sense of being able to touch what's not really there.

"CAVEs are essentially fantastic lenses for bringing data into focus," said Jason Leigh, co-inventor of the CAVE2 virtual reality system.

Pharmaceutical researchers could use it to model the way new drugs bind to proteins in the human body. Car designers could virtually "drive" their new vehicle designs.

But the size and expense of room-based virtual-reality systems may prove insurmountable barriers to widespread use, said Henry Fuchs, a computer science professor at the University of North Carolina at Chapel Hill, who is familiar with the CAVE technology.

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Cross-country concepts

Innovation in Canada can be traced back more than 150 years, and many Canadian inventions are still in use today. You may be surprised at some of the innovations that put Canada on the map.

COMPILED BY METRO CALGARY

B.C./Alberta

Java
Java applets sound familiar? Calgary-born and educated James Gosling, along with partners Mike Sheridan and Patrick Naughton, brought us the now-widely-used computer language. Java, which first rolled out to the public in 1995, is a computer language that can run on various platforms without having to be reconfigured.

Insite
North America's only legal supervised injection site is considered by many to be a great social innovation. The controversial program operated by B.C.'s Health Ministry and located in Vancouver's Downtown Eastside provides a health-focused site for injection drug use (heroin, cocaine, morphine). The clinic doesn't provide drugs but helps administer addiction treatment, mental-health outreach and first aid to an area of the city with rampant drug use.

Atlantic Canada

Confederation Bridge
This 12.9-kilometre span linking P.E.I. and New Brunswick is a significant civil engineering innovation in Canadian history, allowing bridge building to be done over large bodies of water that freeze. The innovative design by Canadian company Straight Crossing Development Inc. protects the structure from the pressure of shifting ice packs.

Kerosene
More than 170 years ago, Abraham Gesner of Nova Scotia perfected the process for making kerosene, which fuelled lanterns and some heating units as well as some of today's camping stoves. Unfortunately, because of conflict with a New Brunswick coal conglomerate, Gesner couldn't get financial backing for the product until he moved his business to Long Island, N.Y.

Prairies

Garbage bag
One man's trash is another man's treasure. In 1950, Winnipeg engineer and industrial designer Harry Wasyluk and his partner Larry Hansen developed the first commercial disposable green garbage bag. The first bags were sold to the Winnipeg General Hospital. The invention was later purchased by Union Carbide, which brought us Glad garbage bags by the 1960s.

Air ambulance
Peace of mind in emergency situations was given a big boost in the mid-1940s with the start of the Saskatchewan Air Ambulance Service. It was the first non-military, government-operated air ambulance service in the world to take flight. It allowed emergency crews access to remote areas to provide service where ground ambulance was unavailable. Air transport is now used as a regular emergency-services regimen around the world.

Central Canada

Instant replay
As Canadian as Saturday night hockey in our homes, so too is the instant replay we see on all the great goals. Hockey Night in Canada producer George Retzlaff first pioneered the slow-mo instant replay during a 1955 broadcast. The replay broadcast several minutes after the initial play.

Pablum
A staple in any home with toddlers, pablum, the cereal paste with all sorts of nutritional value, was developed at the Toronto Hospital for Sick Children in 1930. The soft cereal, and others like it, is still widely used all over the world.

Canada Innovates

Part 2

Notice anything different? Part 2 of Metro's look at innovation in Canada is laid out with a vertical design. Not only does it enable a clean, sharp look at some of Canada's best ideas and the people who brought them to us, but it also serves a practical purpose.

The vertical layout is an idea born in the tight confines of mass transit, where you often bump elbows with your neighbour on the train or bus. Reading a paper this way can take up less space, in turn giving those around you more.

Do you like it? Send us an email at readers@metronews.ca or tweet @MetroNewsCanada with your thoughts.

Tomorrow, we punch in a few key words in our design as we look at past failures and innovative ideas for solving them.

Exclusively online

For more Canadian innovation and the full set of stories, visit our feature at metronews.ca/canadainvents

Patience, collaboration and perseverance: Four grassroots innovators come up with new solutions to old problems.

DARREN KRAUSE/METRO

4 Faces of Canadian innovation

Heather Young — Young Associates

ALLOWED UNORGANIZED GROUPS TO FOCUS MORE ON ART

At first, Heather Young didn't know much more about arts administration than the students she taught at Humber College in Toronto 20 years ago. But what she quickly learned in trying to teach sound fundamentals of arts management was that hard information on the topic was difficult to muster — let alone make available to budding artists and art groups. As good innovators often do, she saw a need and filled it. Young crafted her own materials, including Finance for the Arts in Canada, a textbook and reference guide to aid in running an arts organization. Her company, Young Associates — with a staff of 12 — now serves as a financial-management resource for 90 Toronto companies. She's soaked in years of knowledge working with arts groups in the city — something she believes is essential for innovation.

"Get to know your subject area as intimately as you possibly can," she said. "You need to know the upsides and downsides of what you're working on ... and in particular the gaps in the available supports."

Arts

Dr. Michael Montgomery — Kinetica

HELPED BUILDINGS STAND UP TO EXTREME WEATHER

Engineering

In his words, it's a simple application for a long-standing problem. Working on his PhD at the University of Toronto, Michael Montgomery was looking for ways to safely limit the vibration of buildings in earthquake and high-wind situations. Montgomery sought to replace stiff, mediocre-performing reinforced concrete with high-damping rubber in between steel plates throughout the structure of the building, effectively absorbing energy triggered by high winds or earthquakes. The technology has been used elsewhere but never caught on in North America. Montgomery refined the configuration of an older system, which was initially retrofitted to an extent in the World Trade Centres back in the 70s, to come up with a new solution for modern buildings.

"One of the key things for this (innovation) was to be practical," said Montgomery, who is now CEO of the Toronto-based company Kinetica. "If you understand an industry very well and you know what's currently lacking, it's a lot easier to develop something practical and meaningful."

Christine Causing — Edmonton Next Gen

HELPED GENERATE CREATIVE IDEAS THROUGH CONNECTING CREATIVE MINDS

There are ideas aplenty. But bringing like-minds together helps incubate those ideas and connect people with partners who can really make things happen.

That's the idea behind successful Pecha Kucha events, like those held in Edmonton under the leadership of Christine Causing, co-ordinator for Edmonton Next Gen.

Next Gen's mandate is to create "a hub for connecting people, places, community and ideas together," something Causing believes is essential for an idea to move forward.

"It's all about exposure for ideas," said Causing, who has helped steer 14 successful Pecha Kuchas since 2007, with a 15th slated for the first week of March. "It starts a whole conversation about an issue or an idea or even something city council should be doing."

Sometimes it's the planting of a seed, said Causing. Sometimes it's a conversation or awareness about something happening in the community. Creating a space where ideas and individuals collide stimulates further innovation. "It brings people together to share ideas," she said. "You can meet people who are directly involved in making things happen in the city." For more information, visit edmontonnextgen.ca.

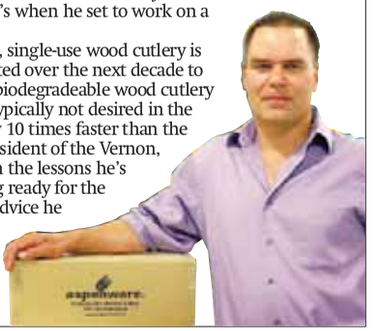
Collaboration

Terry Bigsby — Aspenware

MADE CANADIAN MEALS MORE GREEN BY INTRODUCING ECO-FRIENDLY CUTLERY

For woodshop instructor-turned-entrepreneur Terry Bigsby, innovation was a long-term labour of love. In 1997, Bigsby saw the merit in a German wood cutlery product for its eco-friendly qualities but got a rude awakening when he travelled to the Fatherland only to hear the $50-million price tag to import the technology to Canada. That's when he set to work on a made-in-Canada solution.

Multi-award-winning Aspenware's compostable, single-use wood cutlery is textbook innovation. Bigsby's team of 15 collaborated over the next decade to develop a worldwide patented process to produce biodegradeable wood cutlery faster, more efficiently and using source material typically not desired in the production of wood tools. He now produces cutlery 10 times faster than the German system he sought 15 years ago. Bigsby, president of the Vernon, B.C.-based company, said he could talk for hours on the lessons he's learned being a passionate innovator — from being ready for the "curve ball" to not being greedy. The one piece of advice he believes is most valuable for innovators is to see things through."It's the stick-to-it-iveness," he said. "If you have an idea that has value and merit — stick to it." Visit aspenware.ca for more info.



Manufacturing

One in 4 Canadians own tablets

Usage trends. Survey finds we're most likely to use these 'mobile' devices at home

The iPad is still king; those addicted to their tablets read more news and watch more streaming video; and the popular gadgets are mostly used at home, even though they're often called "mobile" devices, says a new report that details how Canadians are adopting and using tablets.

According to the report by the Media Technology Monitor, a research product of the CBC, an estimated 26 per cent of the population had a tablet as of last fall. Tablet ownership had more than doubled in a year and was up from just five per cent in the spring of 2011.

Of the tablet owners, almost two-thirds had an iPad, while about 15 per cent each had purchased either a BlackBerry PlayBook or a Google Android device. Owners of iPads were found to be the most enthusiastic about their purchase. While a vast majority of all tablet owners said they would definitely or probably recommend their device to family and friends (86 per cent), the numbers were even higher for those with an iPad, at 91 per cent.

About 61 per cent of iPad owners said they would definitely recommend their tablet, compared to 44 per cent of other tablet owners.

THE CANADIAN PRESS

Homebody habits

82%

Tablets may be classified as mobile devices, but people largely use them at home. The survey found 82 per cent used tablets most around the house, compared to just eight per cent at work, two per cent at school or while travelling, and one per cent either in a coffee shop or restaurant, in the car, or on public transit.

Tablet ownership in Canada has more than doubled in the space of a year, according to a Media Technology Monitor report. CHRISTOPHER FURLONG/GETTY IMAGES

Cross-country recall

E. coli found in Safeway frozen burger patties

Health officials are investigating another massive cross-country beef recall after frozen burgers sold by Canada Safeway Ltd. tested positive for E. coli bacteria.

Several Safeway brand burgers are being examined, including Gourmet Meat Shoppe Big & Juicy Burger, Gourmet Meat Shoppe Prime Rib Burger and Butcher's Cut Beef Patties. The investigation was sparked after two people in Ontario and Manitoba became ill and tested positive for E. coli on Feb. 13.

THE CANADIAN PRESS

New look

Yahoo gets a makeover

Yahoo has revamped its home page in an effort to get people to visit more frequently and stay longer. The long-awaited makeover is the most notable change to the website since the Internet company hired Marissa Mayer as its CEO seven months ago. The new look debuted Wednesday in the U.S., although it could take a few more days before everyone starts to see it.

THE ASSOCIATED PRESS

Public health

Judge has yet to rule on N.Y.C.'s soft-drink ban

New York City's first-in-the-U.S. ban on large, sugary drinks will take effect in three weeks — unless a judge agrees with a challenge from beverage makers and sellers. A Manhattan state Supreme Court justice on Wednesday didn't immediately rule or say when he would. The large-drink ban that takes effect March 12 is the latest effort by Mayor Michael Bloomberg to fight obesity.

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Gulf spill. Settlement eludes states ahead of BP civil trial

The U.S. Justice Department and the five Gulf Coast states affected by a massive oil spill nearly three years ago have indicated they would like to settle their environmental and economic claims with BP PLC ahead of a trial scheduled to start next week.

The problem is that they haven't been able to agree on the possible terms of such an agreement. Months of negotiations have failed to resolve lingering differences — not just with the London-based oil giant, but among themselves.

The Justice Department convened a meeting with Gulf Coast state officials in Washington late last week in an effort to hammer out an offer to resolve the outstanding civil claims, but an agreement wasn't reached, said a person familiar with the negotiations.

Alabama Gov. Robert Bentley said reaching a settlement that satisfies all states' competing interests has been difficult. "We just want to make sure we get our fair share," he said. "We had more economic damage than probably any state because of the loss of all the tourism we had in 2010."

THE ASSOCIATED PRESS

Consumer denial. Keep taking our pennies — please?

Nearly three-quarters of Canadians want retailers to keep accepting the one-cent coin even though it's being phased out, says a new survey.

The Bank of Montreal poll found that 73 per cent of those surveyed expect retailers to keep taking pennies — regardless of the circumstance or amount of their purchase. And 59 per cent say small businesses should adjust their prices to benefit the consumer.

"Business owners are completely aware that they don't want to inconvenience customers; they want to maintain their relationships," said Joe Collura, a small business area manager with BMO in Toronto.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down purchases to the nearest five cents. However, electronic transactions would still be registered in cents. The online survey was conducted by market research firm Pollara between Feb 7-10 with a random sample of 1,400 adult Canadians.

THE CANADIAN PRESS

Retailers' choice

- While the Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions on Feb. 4, businesses can still accept the pieces as long as they choose.

Most Canadians think retailers still ought to accept pennies from customers, a new survey has found. THE CANADIAN PRESS FILE

Market Minute

DOLLAR 98.30¢ (-0.53¢)

TSX 12,714.05 (-96.16)

OIL $94.46 US (-$2.20)

GOLD $1,578 US (-$26.20)

Natural gas: $3.28 US (-1¢)
Dow Jones: 13,927.54 (-108.13)

A 'BOONE' FOR BACHELOR DECOR

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

A friend recently visited my apartment for the first time. She made note of my bare white walls, my mattress lying directly on the floor, my rooms devoid of paintings, plants or pillows and asked: "Oh, when did you move in?"

I paused: "Three years ago."

Her stare was as blank as the walls.

At first I was embarrassed. I thought to myself, "Self, you need to decorate your bathroom with more than a toothbrush. You need more than five spices to spice up your kitchen. In the living room, you need fewer pizza boxes and more pizzazz."

But I changed my mind when I looked online. Most decorating sites showed bachelor apartments that were attractive, yes, but also huge, immaculately decorated and overlooking some cityscape or other. These were the kinds of places where you need to use a remote control just to reveal where the TV is hidden. Even inexplicably rich characters on New York-based sitcoms couldn't afford these places. These are, at minimum, lairs for Bond villains.

My embarrassment faded. My current apartment was just fine, thank you.

I still see the value of a nice apartment, mind you, but I think a few easy changes can make all the difference, as you'll see.

John's Tips for Bachelors for Decorating for Cheap for Dummies

How to add a touch of class

Empty wine bottles can look handsome in any living space ... a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

1) Empty wine bottles can look handsome in any living space. For instance, a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

2) Don't like the colour of your bathroom tile? Wait.

3) Savvy decorators use floating shelves to show off mementos, such as commemorative quarters or favourite Bazooka Joe comics. IMPORTANT: Please note that floating shelves do not float, despite the name. Some of us learned the hard way.

4) If you find an infestation of insects, remember that they add personality and much-needed hijinks, unless Disney and Pixar have been lying to us all these years, which seems unlikely.

5) A mirror will make your place look bigger to simpletons. Have guests over and leave them thinking you're twice as popular as you are, but don't let them wander off to the "party" in the "second living room."

6) Mirror not fooling you? Make your space seem bigger by getting wee furniture and whistling the Friendly Giant theme all day.

As you can see, making your bachelor pad a happy place is mostly about attitude.

The austere walls of my apartment are minimalist art, I've decided, an unadorned white canvas upon which you can project your great hopes (world peace) or your worst fears (ghost in a snowstorm).

Or perhaps it's a cultural critique of materialism — why do mattresses need elevation, really, except as a sign of our Western insecurities?

Or maybe it's cutting-edge fashion, with the cool, clean lines bringing to mind the futuristic esthetics of a Constitution-class starship. (Nothing says 'I'm a bachelor' like passing references to Star Trek technology.)

The real trick is seeing things in the right light. So if you still hate your place, wait till night, turn off all the lights and pretend you live some place better.

And if you're still not happy, there's always Boone's.

Birds of the weather

CHINAFOTOPRESS/GETTY IMAGES

For all the snow in China

Guard's break shapes up nicely

This man took his eye off the bank he was minding to do something a little more creative. Security guard Du Jinqian made the most of recent wintry weather in Hangzhou, eastern China, and crafted some dainty birds out of snow. During a work break, he built more than a dozen snow chickens and one snow goose on the steps of the bank. METRO

Tallying winter's toll

60 cm

Heavy snow has fallen across eastern China, causing disruptions to airports and roads. Some 60 cm of snowfall led to the closure of Nanjing Lukou International Airport for more than 12 hours.

90

Ninety houses collapsed and 114 others were damaged due to heavy snow.

$13.38M

The resulting economic losses totalled $13.38 million, China Radio International reported.

Assembly required

At work: Fruit peels and a cocktail stick

To create his avian masterpieces, Jinqian used snow and ice collected from nearby parked cars. The guard added discarded bits of fruit and other food items to form the sculptures' eyes and beaks. Jinqian used what looked like a long wooden cocktail stick to provide the finishing touches to his handiwork. Passersby stopped to take photographs of the guard. METRO

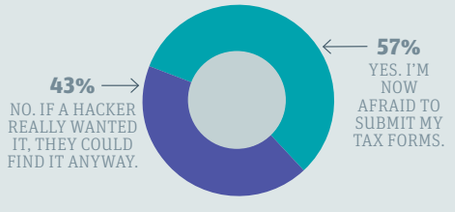
The Hangzhou of it

- **Wealth.** Capital of Zhejiang Province. With its fertile farmland, Zhejiang is China's wealthiest province.
- **Famous visitors.** Marco Polo described Hangzhou as "the greatest city which may be found in this world."
- **'Protestant' work ethic.** Reports claim Hangzhou's famed entrepreneurial spirit is due to the high number of Christians living there.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you concerned the federal government could lose your personal info?



Twitter

@DixonTam: RT @SFU: It's snowing lightly at #SFU Burnaby. Walkways & roads are slippery, please use caution. Webcam: http://ow.ly/hTyvj

@BrowntoBure: I think next time the puck is in the air, Hansen should hit it with a bicycle kick. Trying to catch it is way too dangerous.

@TheStanchion: Sadly people don't realize Hansen is an accomplished Street Fighter player and was just trying to live his dream of landing a real Shoryuken

@ThomasDrance: I've seen Hansen's forearm shiv referred to as an "elbow" and a "punch" this morning. Waiting on someone to call it a "bazooka blast."

@pandademix: I never saw the Hansen hit, but I can say with all certainty that it was absolutely filthy.

metro

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SCENE 2

National Ballet of China brings Swan Lake to Van.

This production of Swan Lake is choreographed by renowned Russian ballerina Natalia Makarova. SUBMITTED

Canadian first.

Chinese troupe puts on one of the most technically demanding ballets on the other side of the world

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

If you haven't seen Swan Lake, you've at least heard of it.

Composed by Tchaikovsky in 1875/76, the ballet is said to have been constructed from Russian folk tales, and was premiered by the Bolshoi Ballet in 1877, billed as The Lake of Swans.

It's been performed around the world, seen in countless films, musicals and television shows and re-imagined numerous times in literature.

Even Johnny Rotten's post-punk band Public Image Ltd. used the title as an alternate for its single Death Disco, which was about the death of Lydon's mom and features guitarist Keith Levene riffing on part of Tchaikovsky's score.

In short, it's been around. And it's been around for a long time.

But even if you've seen the ballet before, you might want to catch The National Ballet of China perform here in Vancouver at the end of this month.

Pushing limits

"Historically, Swan Lake presents a monumental undertaking for a company, pushing dancers to the limits of their technical and artistic skill."

Ballet BC artistic director Emily Molnar

It's the first time the company will be performing it in Canada, and it's choreographed by renowned Russian ballerina Natalia Makarova.

"Historically, Swan Lake presents a monumental undertaking for a company, pushing dancers to the limits of their technical and artistic skill," says Ballet BC artistic director Emily Molnar.

"The magnificent sets, lighting and costumes of The National Ballet of China's production complement the ravishing flow of choreography and storytelling that highlight the talented artists of this exceptional ballet company.

"Ballet BC is honoured to introduce (the production) to Vancouver on its first ever Canadian tour."

Swan Lake is at the Queen Elizabeth Theatre for four evening shows, Feb. 27 to March 2. Tickets range from $55 to $110 (plus service charges) and can be purchased through Ticketmaster.

Note: it's a long show, clocking in at 2.5 hours. There are two intermissions.

All performances start at 8 p.m. More information at balletbc.com.

Other happenings...

- Festival du Bois is back. Check out Maillardville's music festival March 1, 2 and 3 at Mackin Park in Coquitlam. Featuring Quebecois, Celtic, world and folk music, storytelling, kids tent shows, dance, traditional food and more. Visit Festivaldubois.ca for more information.

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Dark Skies hint at bright future

Interview. Toronto teen gets to explore his interest in aliens in his most grown-up role yet

STEVE GOW
scene@metronews.ca

Keri Russell and Dakota Goyo star in Dark Skies. HANDOUT

At 13, Dakota Goyo is already drawing designs on a career at an age when most other kids can't even decide whether or not to do their homework. In the case of Goyo however, that meant taking on a decidedly more "mature" role in the new thriller Dark Skies.

"Everything (I've done) is just like a normal boy and in this film, I'm sort of going into my teenage years and he's dealing with some tough stuff," said the Toronto actor recently during an interview to promote the psychological drama, which opens in theatres this Friday.

"I wanted to push myself to the fullest extent I could."

He may still be in his teenage years but Goyo is quickly bolstering his filmmaking experience with such cinematic fare as Reel Steal, Thor and last year's Rise of the Guardians.

With Dark Skies however, Goyo is not only introducing himself to older moviegoers, but the scary tale about a family being targeted by beings from outer space allowed him to explore his own curious interests — extraterrestrials.

"I do (believe in them)," admitted Goyo before supplying a succinct argument. "There's billions of stars out there and stars belong to a galaxy. You'd think there's (something out there) besides us."

The film also explores that rationale but imagines such frightening and mysterious scenarios as peculiar lapses of memory and devilish, nighttime visits from the intrusive aliens — a premise that is certainly not without its own share of terror.

"I love scary movies," said Goyo, providing another simple argument for starring in Dark Skies.

"I watch them with my friends a lot and I like seeing my friends scream. They don't scare me that much but it's the feeling that it gives you — that butterfly (in your gut) feeling — I like that."

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February 27

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To register and get a preview of BIG Info visit

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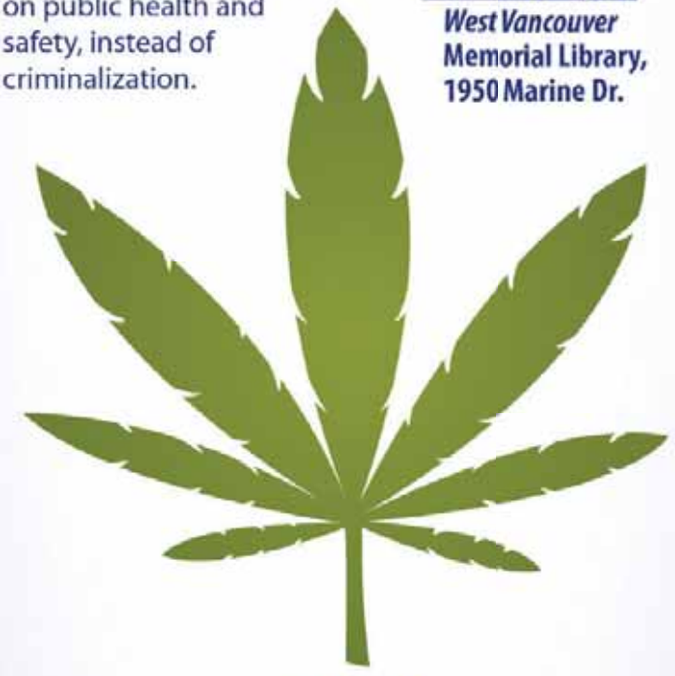
Feb 28, 7-9pm
UBC Woodward Building
Wood 2, 2194 Health Sci. Mall

March 1, 7-9pm
SFU Harbour Centre
Fletcher Challenge Theatre

March 5, 7-9pm
West Vancouver
Memorial Library,
1950 Marine Dr.



Sensible BC Decriminalize Cannabis. For a Safer Province.

Watch for more public panels in North Van, Burnaby, Coquitlam, Richmond, Surrey, Delta and other regions.

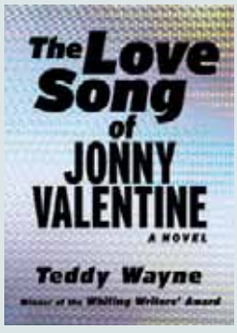
www.SensibleBC.ca

Writing as ventriloquism

On putting words into characters' mouths and hoisting kids up on a pedestal

Teddy Wayne had a general idea of where he wanted his novel to go, but was often surprised about what he came up with. He compares the writing process to ventriloquism.

"This novel and the previous novel are both in voices very unlike my own," he says. "I do a lot of humour writing for magazines and newspapers that's also 'ventriloquified.' ... When I get into another character's voice, I start thinking about this character, and it does lead me to their decisions and thoughts."



When asked for his thoughts on a society that creates idols out of 11-year-olds, Wayne is philosophical.

"We hold them up as these paragons of innocence. .... And then inevitably, they fail us, because it's impossible to stay innocent forever, and once they do we punish them severely," he says.

"We're cruel about it."

We heart you, Jonny Valentine

Metro News, Just For Laughs and Jeremy Hotz Want to Get you Out of Your Misery!

Jeremy Hotz

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March 22
7:30 PM
The Centre in Vancouver for Performing Arts

metro metronews.ca
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Vancouver portion of contest closes March 6, 2013. Open to Canadian residents 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) prize of a pair of front row tickets to the Jeremy Hotz Magical Misery Tour show in Vancouver, presented by Just For Laughs. Winner in Vancouver will be pooled with similar winners in Halifax, Toronto, London, Ottawa and Calgary for the Grand Prize draw. There is one (1) Grand Prize of a trip for two to Just For Laughs Bermuda in January 2014, which includes return airfare, three nights of hotel accommodation at The Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda, valued at approximately $3,500 CAD (based upon departure from Halifax, actual value may vary depending upon time and city of departure). Certain restrictions may apply. For full contest rules, go to www.clubmetro.com.

Never say never: Teddy Wayne originally wanted to write a parody of pop star autobiographies, sort of based on Bieber, but the final product was a more serious work than originally anticipated. GETTY IMAGES

Believe. Satirical story of tween pop star loosely inspired by quintessential kiddie heartthrob

ALISON BOWEN
scene@metronews.ca

Meet Jonny Valentine: an 11-year-old pop star who worries about his "chub," hitting puberty and career longevity.

In The Love Song of Jonny Valentine, author Teddy Wayne gives us a sly peek behind the velvet rope of a young pop star.

Sort of inspired by Justin Bieber, the book delights in mocking an American society obsessed with nubile stars. But it also strikes serious chords, examining what that obsession does to the pint-sized pros themselves.

Some serious moments even eerily parallel Bieber news stories after Wayne wrote the book, like violent threats and a marijuana scandal. Wayne, 34, talked to Metro about prepping through celeb glossies and guitar strums.

The book is based on Justin Bieber. How many front-row Justin Bieber concert seats did you buy to research?

I ended up not going to any. I didn't want to be too beholden to the reality of Bieber concerts. I did watch his documentary film. It's entertaining, it's his own official documentary but he's savvier and smarter about his image than you'd think, than the normal teen pop star. I watched a lot of amateur (Youtube) concert footage.

How did you get the idea for the book?

There wasn't really a "eureka" moment. I'd been tutoring kids in Brooklyn once a week, and at the same time, I'd been working on a novel that was going nowhere. One time, I saw one of the girls reading Miley Cyrus' book, Miles to Go, and it must have landed in my subconscious because a week later, a friend asked if I had any ideas. I said, "How about we parody these teen pop star biographies?" An hour later, I realized if I treated this with more gravity it could make a more serious novel.

Man claims daughter is Spears' ghost singer on new album

Britney Spears is no stranger to charges that she lip-syncs during concerts and awards show performances, but now the former X Factor judge is accused of lip-syncing in the recording studio, according to Star magazine. "My daughter sings for Britney Spears," Murray Langston tells the magazine, claiming that his daughter, Myah Marie, sang seven songs for Spears on her Femme Fatale album — and was only paid $1,000 per song. "The truth is, Myah can sound just like her. She has a knack."

Britney Spears. ALL PHOTOS GETTY IMAGES

Alec Baldwin

Baldwin denies racist spiel against photog

Alec Baldwin is vehemently denying allegations that he peppered a paparazzo with racial epithets during a heated exchange outside his Manhattan apartment, according to E! News. A photographer working for the New York Post claims that Baldwin called him "a crackhead," "a coon" and "a drug dealer" during the altercation. "The claim of racist remarks is one of the most outrageous things I've heard in my life," Baldwin says. "I've certainly had my moments. But this is not one of them. I don't think I've ever uttered a racial epithet to someone in my lifetime."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

MAC and Rihanna team up

THE WORD
Dorothy Robinson
scene@metronews.ca

Face it, this is Rihanna's moment. The pop star dazzled in Azzedine Alaia at the Grammys, made headlines with her controversial date, Chris Brown, and launched her first collection with U.K. high street retailer River Island during London Fashion Week. Yesterday — on her 25th birthday, no less — it was announced that she's teaming up with MAC cosmetics on four collections that will hit stores later this year. It's the first time the cosmetics giant will collaborate with one celebrity on multiple lines.

According to an exclusive interview with WWD, the first product up will be RiRi Woo, a lipstick inspired by MAC's best-selling red, Ruby Woo, Rihanna's favourite.

So how does the pop star feel about all the multitasking? "Being creative is something that I love, so I can put that into different outlets. Music happens to be the first thing that I gravitated to and now music opens doors to just so many different opportunities — they all tie in," she says. "My makeup looks, my fashion looks … they help me to express myself as an artist. I think it helps people to understand me or my mood, my story."

Did you hear that? Apply RiRi Woo and apparently you'll understand why she's still with Chris Brown.

Twitter

@TheRealRoseanne
givng my first interview to high times this week.

@Rosie
We Stanley steamed a carpet - and now the house smells like my Nanas toni home perm - from 1971

@Pink
Mary Poppins is f---ing incredible. Still. Julie Andrews dammit. You just made my lullabies look like a sad sad semi-hoarse karaoke sesh.

@AlbertBrooks
"Can't wait to see A Good Day to Die Hard" said the man who fell off a motorcycle and really hurt his brain.

Mila Kunis

Kunis game for a That '70s Show reunion

If Mila Kunis' current relationship with Ashton Kutcher didn't make it clear enough, the actress says that yes, she is up for a full-on That '70s Show reunion. "I'm more than game for it," she tells E! News. "I've said it before, I would love to do it. Why not? I loved it. It was eight years and they were eight amazing years of my life." The kitschy sitcom went off the air in 2006 after airing 200 episodes. Kunis and Kutcher continue to be the most successful members of the show's young cast.

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A model walks the runway at the Vivienne Westwood Red Label show during London Fashion Week Fall/Winter 2013/14 at the Saatchi Gallery on Sunday. IAN GAVAN/GETTY IMAGES

Welcome to the wild world of Westwood

Vivienne Westwood. The designer gives Metro a pre-show interview during London Fashion Week

RICHARD PECKETT
life@metronews.ca

Well, aren't London's galleries having a moment in London? Playing host are Tate Modern, Tate Britain and now the Saatchi Gallery in swanky Chelsea. The area is about as punk as Prince Charles these days, but it used to be home to Vivienne Westwood and Malcolm McLaren's "Sex" shop in the '70s.

I'm here to speak to Vivienne Westwood. Easier said than done, seeing as the PR reps have obviously taken tips from North Korea when it comes to media access. Ninety minutes pass by and the excitement amongst camera crews and reporters begins to wane (there are no chairs) and then she arrives. Has anyone been this excited to spend just a few minutes with a 71-year-old dame? I doubt it.

What kind of statement are you trying to make with this collection, particularly in relation to Julian Assange?
This collection's not got any strong political statement in itself — it's just here to help people look more attractive and more glamorous. I expect the message for the fashion is "quality is more important than quantity." Buy less, choose well, make it last.

Designer Vivienne Westwood wearing a Julian Assange T-shirt. IAN GAVAN/GETTY IMAGES

The other thing is, I always use my fashion as a platform to talk out against the problems we face, which are so urgent at the moment. The most important thing is public opinion, which makes politicians change — particularly the message about climate change.

Climate change is caused by the rotten financial system we've got and we can all see what it's doing now. It's making everybody poorer, it's making a few people richer and that's what this system is designed to do and it destroys the earth. And we will not get a different set of values and a better economic system unless we tackle our problems through climate change. What is good for the planet is good for the economy. That's my message.

Are you anti-capitalism?
I don't know. This is something we have to work out. I mean, for example, there's far too much manufacturing in the world of total rubbish. If we want money to circulate, you could pay people not to work, which we do anyway, or you could make more money by paying teachers, for example. And yet, we are cutting down on all those things so that we can continue our old way of doing things, which is to manufacture so a few people can cream off the profits, destroy the earth and destroy the livelihoods of everybody else in the world.

Juergen Teller's latest exhibition features nude images of you. Do you find nudity liberating?
Well, thank you for the question. The thing is, I've worked with Juergen quite a bit. I do a lot of things for other people and Juergen asked me and of course I owe him a favour. He's a great photographer and we've had wonderful results from his stuff. And I must say that I'm quite honoured by the photographs — they are alright.

Would you ever do an interview naked?
No, not unless … no, not even for Juergen. There's no point, is there?

To what extent is sex a factor in your work?
Well, my husband would love to have all the models naked just like the photographs of Helmut Newton. He just thinks they're amazing.

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Banana Republic

Mad Men meets Maple Leaf

Banana Republic's latest collection was inspired by the hit drama, Mad Men.

The third instalment of the retailer's popular collection channels style influences from Montreal native Megan Draper, portrayed by Montreal-born Jessica Pare.

The face of the new line also has a Canadian connection, with Toronto-born supermodel Coco Rocha featured in select images from the brand's marketing campaign.

The collection is designed by Banana Republic in collaboration with Janie Bryant, Emmy-winning costume designer for Mad Men.

The new line mirrors the mod vibe of the late 1960s, featuring a mix of bold prints and bright colours.

Silhouettes and style touches that are signature to the era — such as shift dresses, keyhole details and checked capris — are also included, with mirrored heel shoes, graphic scarves and geometric jewelry among the accessories in the collection.

THE CANADIAN PRESS

The Kit

Canadian street style

Spotted in: Halifax

Tosan Ikomi,
Student
Age: 23

What she's wearing
Scarf from Ethiopia, Vagabond vintage coat, Guess jeans, Winner purse, Aldo boots.

Her inspiration
"I usually dress according to how I'm feeling, but this outfit was inspired by what a friend was wearing yesterday."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

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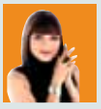

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Poor Gus! Had to forego the park today cuz we're both slip slidin' away .....

@Michellehnilica: Dressed in style like his mom!

@kirstenreader: The cutest sad puppy face!

@totalburchmove: met @jeanne_beker today. new life goal: have a fraction of her genuinely wonderful self-possession for a fraction of a moment.

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It seems like every year or so there's a design story proclaiming the return of wallpaper. The truth is, we don't think wallpaper was ever not in style. Thanks to a recent marathon of PBS's amazing Masterpiece series Sherlock, we were reminded of just how cool and cosy a space can look covered in, say, pretty damask prints. In this modern reimagining, Sherlock Holmes' London flat looks like the kind of place we want to host brunch parties and salon-style discussions with our besties. Get inspired with these timeless papers.

TINA CHADHA
Metro World News in New York City

8 timeless wallpapers for your cosy space

Graham & Brown Spellbound Mermaids, $125 per roll

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Farrow & Ball Tessella BP 3604, $255 per roll

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Miss Print Garden City Bustle, $95 per roll

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Zoffany Navarre Flock, price upon request

Grow House Grow Cottontail in tapioca, $180 per roll

www.urbanoutfitters.com

Urban Outfitters Peony, $79 per roll

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Entertain indoors or out in style

Entertaining outside hasn't quite arrived in Canada, but checking out what's new in summer entertaining gear is making me pray harder for the warm weather to come as soon as it can. This spring, look for bright citrus or Moroccan colours, a variety of matte and glossy finishes and inventive design styles being offered with acrylic and melamine tabletop. Chic looking enough to use inside or out, but with a price that won't break the bank, there's no excuse for boring summer entertaining. Get into the stores and stock up on some fun outdoor party gear and host a pre-summer patio party indoors — a great way to test some summer cocktails in style.

KARL LOHNES
life@metronews.ca

Stackable beverage dispenser with ice keeper

Serve a variety of chilled, pre-mixed drinks with an acrylic portable beverage station this spring; a great item for outside, but think of its year-long conveniences next Christmas too. $80, thebay.com.

Clothespin Chopstick

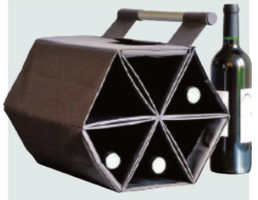
Add some exotic, yet practical flair to your outdoor picnics with CB2's easy-to-use version of the chopstick. Yes, even grandma can now eat sushi. $5, cb2.com.

Rhode Acrylic Goblet

Modern and durable, smoke-coloured drinkware add a sophisticated statement to the outdoor table. $6.50, crateandbarrel.com.

Zak Orange Dinnerware

Bright citrus-coloured melamine dishes add a punch of satin colour to the table. $5 to $7 each, bedbathandbeyond.ca.



Zebag Wine Bottle Carry Case

Carry and display your wine in high style, this Zebag Wine Bottle Carry Case rolls out to display your wine. $70, thebay.com.

Viva Collection Tray

Exotically colourful trays add a punch of style to the table. $25, sears.ca.

What lurks in food dyes? Make your own

How do I make my own food dyes?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Artificial food colouring — found in a variety of packaged foods and purchased in plastic bottles to make baking technicolour — has been a cause for concern since the 1970s.

Although the potential effects linked to food colouring include scary associations — brain cancer and thyroid tumours — one commonly cited critic is an allergy-like reaction that causes hyperactivity.

Recurrent adverse health effects in the U.S. shrunk the list of approved food dyes from 15 in 1938 to the seven that remain today and although they've recently called for more research in this area, for now, the FDA holds that the food dyes on the market are safe. Health Canada concurs.

But not everybody does. A 2007 British study found that healthy children who consumed a mixture of common synthetic dyes displayed hyperactive behaviour within an hour of consumption. In the U.K., foods containing artificial colours must now display warning labels.

Moreover, concerned individuals — especially parents — are taking action. The average kid-diet is loaded with food dyes, but the industry lacks in standardized labelling practices, leaving consumers to fend for themselves.

So what's a proactive citizen to do when occasions call for pink cupcakes? Some people are turning to organic foods, which by definition are free of synthetic dyes. Others are voicing their concerns to food manufacturers and elected officials.

Still others are taking a DIY approach and making their own food dyes. It's easier than you think.

Easter's around the corner and the pastel hues of spring are the perfect trying grounds for homemade food dyes, which generally have a less vibrant tone than their artificial counterparts.

Use these recipes to colour frosting or bake into a favourite treat. Because natural food dyes are less concentrated than synthetic dyes, you might need more colour than usual to achieve your desired tone. Reduce other wet ingredients slightly to avoid soggy results.

Regardless of colour, the steps are the same.

Method 1

In a pot combine any of the following colourful foods — chopped or grated — with just enough water to cover it. Bring to a boil for 15 minutes. Drain and cool. This results in a mild colour and almost no residual flavour.

Method 2

Juice or puree any of the following ingredients. This results in a more intense colour, and also a more intense flavour!

Red/pink: Beets, cranberries or raspberries (fresh or frozen), red zinger tea.
Yellow/orange: Carrots, onion, turmeric or saffron (Do not boil spices. Mix with water to make a thick past.)
Green: Spinach (puree it, don't cook it), matcha powder, liquid chlorophyll
Blue: Blueberries (fresh or frozen)
Purple: Red cabbage

To dye eggs with your homemade colours, add a tablespoon of vinegar to a cup of dye. The vinegar acts as a fixative and yields nice bright colours, sure to please the most discerning of Easter bunnies.

There is still a debate about the health effects of FDA-approved food dyes.
ISTOCK IMAGES

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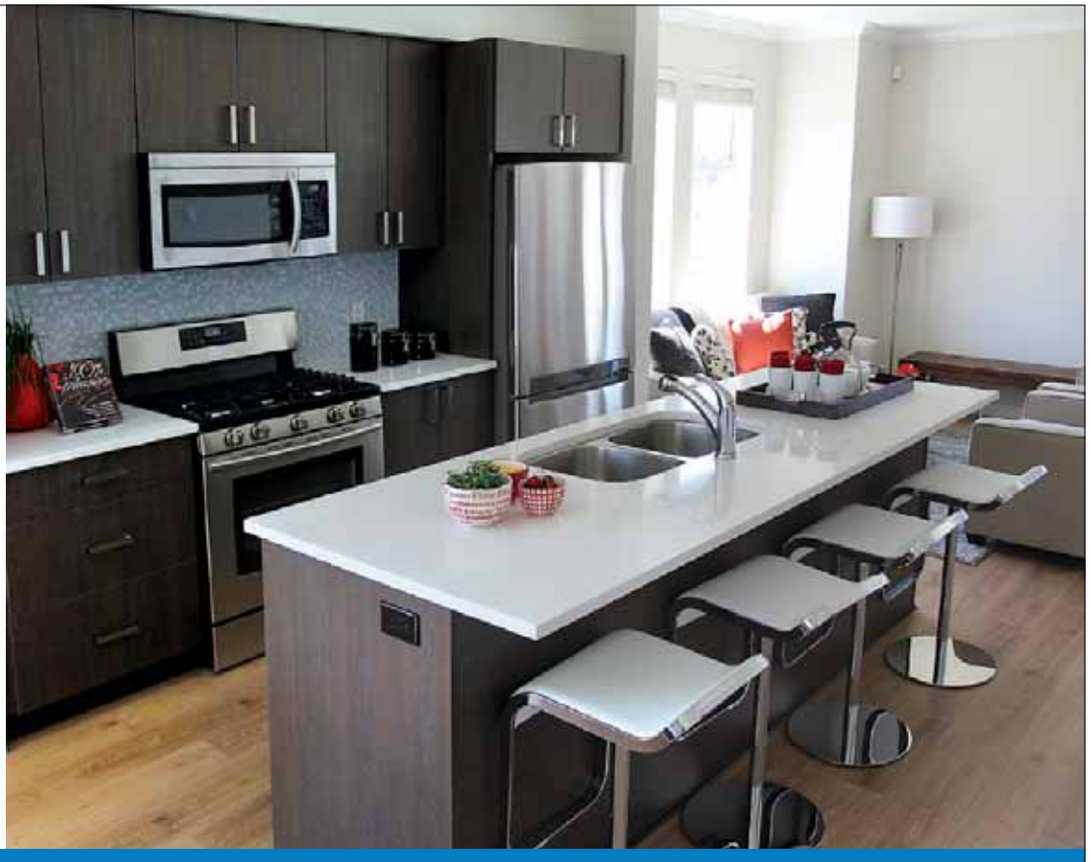

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Matt Muenster is host of DIY Network Canada's Bath Crashers. HANDOUT

Bathrooms: the rooms that deserve as much TLC as you do

Peace, love, bathe.
Those little extras count for so much more in the bathroom

Though creating an in-home oasis can be stressful, it will pay off with long relaxing bubble baths in your newly re-vamped getaway. Embrace you inner Matt Muenster, host of Bath Crashers, and create your dream bathroom with a few simple tips.

Bathrooms tend to have minimal storage space for those unsightly toiletries. Add wall shelving where you can to display your more attractive bathroom accessories as well as things you use daily (lotion, hair accessories).

If you are blessed with a larger washroom, consider adding a storage bench or cabinet. This can be customized to reflect your own stylish flare and create extra space for items such as towels and/or blankets.

Bathrooms are the room in your home that people use most, including guests, so why not incorporate some unconventional decor to set you apart. Wall art and paintings are an easy fix.

"Wall candy" is a new trend and an amazing way to bring in a modern and fun twist (most art stores and big-box stores carry these items). You simply peel off the art and stick it to your wall, Voila! Paintings are an effortless way to add personal taste to your bathroom.

You can also add some humour to the room with bathroom-themed art such as outhouses to inject personality.

The little extras count in the bathroom and can add big style points. Beautifully crafted candles, potpourri, and fresh cut flowers introduce natural scents that are inviting to those who enter.

Other decor items can include a small radio to play relaxing music while taking a bath, a heat lamp to keep things toasty while getting dressed (as well your cats will love you), his and hers towel racks (kids can have their own too), and bathroom themed knick-knacks for your newly installed shelves.

Refresh your colour scheme by buying new towels, rugs, bath mats, shower curtains and cloths.

When creating a modern washroom it's important to consider a mix of materials such as wood, glass and ceramic.

This will please all eyes and tastes in your home. You may even inspire bathroom visitors for their next home DIY project.

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A MASTER PLANNED GOLF COURSE COMMUNITY BY WILLIAM LYON HOMES

Half of downtown condos have some sort of restriction on open houses, estimates David Flemming, realtor with Bosley Real Estate. ISTOCK IMAGES

Restrictions make it tougher to stage your open house

Trends. Matter of security one of the reasons it's harder to open your condo for prospective buyers

CONDO TRENDS
Duncan McAllister
life@metronews.ca

In the condo market, it would seem like it's getting harder to stage a public showing of your suite. David Flemming is a Realtor with Bosley Real Estate and he sees a growing trend toward restrictions on open houses where nine years ago, it was pretty much a given.

He's been scuffled, had his signs torn up in front of him and unceremoniously kicked off the property. So Metro asks Flemming what the heck is going on?

"Today, I'd estimate that roughly half of downtown condos have some sort of restriction on open houses, or how they're conducted," Flemming says, adding that all places are different. "Every building has its own declaration and has its own rules and regulations and you can do whatever you want. You can have no policy or you could write a full-page policy and say no open houses, no advertising, no real estate signage."

Flemming maintains that 99 per cent of open house attendees are merely tire kickers and that condos aren't as "nosy" as houses.

"With houses, I find half of those people had nothing to do while they were out walking the dog," he says of the 300 or so people that attended a recent bungalow open house. "Half of them are just nosy neighbours." That's not to say open houses are not effective. "I've sold places off the open house. You'd be surprised how many people had just walked in, maybe they're casually looking," he says.

According to Flemming, "To not have a condo open house, whoever is on the Board of Directors making that rule, when they go to sell their property, then they'll wish they had the ability to put a giant sign out front advertising it."

Not everyone would agree. Some condo boards strictly forbid all nature of unsanctioned business conducted on building premises. It's a matter of security, says Flemming, but it's also a matter of ego.

"Some buildings prefer to consider themselves as upscale or luxurious or whatever word you want to use to describe it."

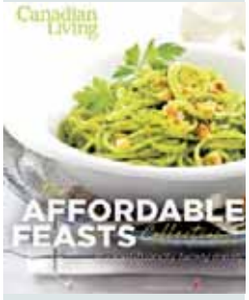
Shana Bahrami is a realtor with Right at Home Realty. She tells readers to be careful when staging a busy open house.

"They're unsupervised and you can't keep an eye on everybody. So remove your valuables; anything that has sentimental or monetary value."

Bahrami will use her own professional stager for open houses. "They take three to four hours and tell you what to put away, what to keep. They go through all your stuff and rearrange the whole house."

Cookbook of the Week

Eats that are easy on the wallet



When there's no room in your budget for luxuries, you can still eat like royalty, thanks to The Affordable Feasts Collection by The Canadian Living Test Kitchen. Each chapter of the book focuses on a specific type of ingredient that's always reasonably priced: Red Meat, White Meat; Eggs, Beans & Tofu; Pasta, Noodles & Rice and Hearty Vegetables. As a result, among the affordable delicacies are: Steak alla Pizzaiola, Pork Chops with Peppered Apples, Grilled Peanut Tofu Salad, Italian Stovetop Mac & Cheese, Sweet Potato Perogies and more. METRO

Savoury and saucy: Hunter's Chicken with Creamy Polenta

"Perfect for a cold night, this stew offers plenty of protein from the chicken and beans," write the editors of The Affordable Feasts Collection. "Polenta is the ultimate inexpensive side dish."

1. In nonstick skillet, heat 2 tsp of the oil over medium-high heat; brown chicken, about 8 minutes. Transfer to plate.

2. In same skillet, heat remaining oil over medium heat; cook onion, stirring occasionally, until softened, about 5 minutes. Add mushrooms and garlic; cook, stirring occasionally, for 3 minutes.

3. Stir in chicken broth, tomatoes, beans, tomato paste, Italian herb seasoning, salt and chicken and any accumulated juices; bring to boil. Reduce heat and simmer until thickened, 15 minutes. Stir in parsley.

4. Polenta: Meanwhile, in saucepan, bring 6 cups water to boil. Whisk in cornmeal, salt and pepper; simmer over medium-low heat, stirring often, until thick and stiff to stir, 10 minutes. Stir in butter.

This recipe serves four. JEFF COULSON

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Ingredients

- 1 tbsp olive oil
- 8 boneless skinless chicken thighs, cut in 1-inch (2.5 cm) chunks
- 1 onion, chopped
- 8 oz (225 g) button mushrooms, sliced
- 3 cloves garlic, minced
- 1 cup sodium-reduced chicken broth
- 1 cup bottled strained tomatoes (passata)
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 1 tbsp tomato paste
- 2 tsp Italian herb seasoning
- Pinch salt
- 1/4 cup chopped parsley

Creamy Polenta

- 1 2/3 cups cornmeal
- 1/4 tsp each salt and pepper
- 1/4 cup butter, cubed

RECIPES ON THIS PAGE EXCERPTED FROM CANADIAN LIVING THE AFFORDABLE FEASTS COLLECTION. COPYRIGHT

Side. Roasted Roots Salad

1. Trim tip off garlic and cut beets, carrots, sweet potatoes and celery root into 1-inch (2.5 cm) cubes; place in large bowl. Add oil, salt and pepper; toss to coat. Spread on large greased or foil lined rimmed baking sheet; roast in 425 F (220 C) oven, stirring once, until tender and potatoes are golden, 45 minutes.

2. Dressing: Squeeze roasted garlic pulp into salad bowl. Add mint, oil, vinegar and salt; mash together. Add vegetables; toss to coat. Serve hot.

Ingredients

- 1 head garlic
- 4 beets, peeled
- 4 carrots, peeled
- 2 sweet potatoes, peeled
- 1 celery root (or 4 potatoes), peeled
- 3 tbsp olive oil
- 1/2 tsp each salt and pepper

Dressing

- 1/4 cup chopped fresh mint (or 1 tsp dried)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/4 tsp salt

Hearty Beef Stew is the ultimate comfort food

1. Trim and cut beef into cubes. In plastic bag, shake beef, flour, salt and pepper; reserving remaining flour mix, remove beef. In Dutch oven, heat 2 tsp of the oil over medium-high heat; brown beef. Transfer to plate.

2. Add remaining oil, onions, Italian herb seasoning, bay leaves and reserved flour mixture to pan; cook over medium-low heat, scraping up browned bits, for 5 minutes. Return beef to pan.

3. Using potato masher, crush tomatoes; add to pan along with sweet potatoes, potatoes, celery and broth. Bring to boil; cover and simmer over medium-low heat or cook in 325 F (160 C) oven, stirring occasionally, until beef is tender, about 2 hours. Uncover and cook until slightly thickened, about 15 minutes. Stir in peas. Discard bay leaves.

Ingredients

- 1 1/2 lb (675 g) stewing beef cubes
- 1/2 cup all-purpose flour
- 1/4 tsp each salt and pepper
- 1 tbsp vegetable oil
- 2 onions, cut in wedges
- 11/2 tsp Italian herb seasoning
- 2 bay leaves
- 1 can (28 oz/796 ml) whole tomatoes
- 2 cups chopped peeled sweet potatoes
- 2 potatoes, peeled and chopped
- 2 ribs celery, chopped
- 13/4 cups sodium-reduced beef broth
- 1 cup frozen peas

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MLS

Whitecaps fall to Dynamo in pre-season action

If the Vancouver Whitecaps were hoping for a perfect pre-season, that dream ended on Wednesday.

The Whitecaps, 5-0 in exhibition play going into the day, dropped a 2-1 decision to the Houston Dynamo in Charleston, S.C.

Corey Hertzog scored in the first half to give Vancouver a 1-0 lead; however, Houston responded in the second half with goals from Will Bruin in the 75th minute and Adam Moffat two minutes later.

"Overall, I was very encouraged about the match," Whitecaps head coach Martin Rennie told WhitecapsFC.com.

"Obviously, we're disappointed we lost as close as we did, given that we hardly gave up any chances throughout the match."

METRO

Cycling

Armstrong won't go under oath to reduce lifetime ban

Lance Armstrong will not interview under oath with the agency that exposed his doping and took his seven Tour de France titles.

The U.S. Anti-Doping Agency told Armstrong he would have to reveal all he knows about doping in cycling — a process officials expected would take several days — if he wanted to reduce his lifetime ban from sports.

Wednesday was the latest deadline for Armstrong to decide on the USADA's offer. After negotiating with the agency for two months, the disgraced cyclist refused.

THE ASSOCIATED PRESS

Hansen suspended for Hossa head shot

NHL. Vancouver forward banned one game for 'careless forearm'

CAM TUCKER
cam.tucker@metronews.ca

Vancouver Canucks forward Jannik Hansen was suspended for one game by the National Hockey League on Wednesday for a hit to the head of Chicago Blackhawks forward Marian Hossa the night before.

Hansen will forfeit $7,297.30 to the Players' Emergency Assistance Fund, under the collective bargaining agreement.

The incident occurred at the 1:04 mark of the third period of Tuesday's game in Chicago. Hossa left the game and did not return, while Hansen was given a minor penalty for roughing.

Brendan Shanahan, the NHL's senior VP of player safety, said Hansen "delivered a blow to the back of the head of Blackhawks forward Marian Hossa, causing an injury."

"Hansen is behind Hossa in the neutral zone when the puck is chipped into the air toward them," Shanahan said in a video explaining the suspension on Wednesday afternoon.

"While it might be true that Hansen initially reaches up to play the puck in the air, he changes the position of his arm and delivers a sharp, careless forearm to the back of Hossa's head.

"While all of this may occur in a split second, we feel that the carelessness and force with which the blow was delivered elevated this incident to the level of supplemental discipline."

Canucks right-winger Jannik Hansen, left, battles Blackhawks defenceman Johnny Oduya on Tuesday night in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Quoted

"While all of this may occur in a split second, we feel that the carelessness and force with which the blow was delivered elevated this incident to the level of supplemental discipline."

Brendan Shanahan, the NHL's senior VP of player safety

Speaking to reporters in Dallas and during a video on the Canucks' website before the NHL's announced suspension, Hansen called the hit "a hockey play."

Head coach Alain Vigneault said: "I don't even know why we had the call."

Hossa suffered a severe concussion last spring during the opening round of the Stanley Cup playoffs, stretchered off the ice following a late, high hit from Phoenix Coyotes forward Raffi Torres.

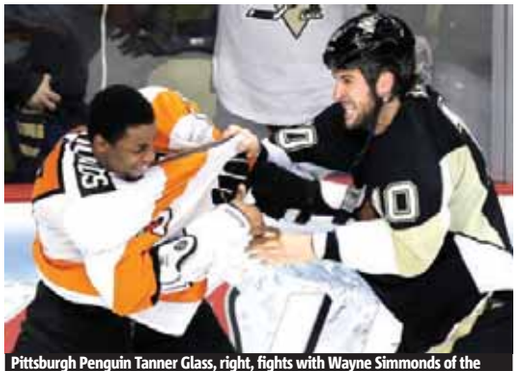
Torres received a 25-game suspension.

In the midst of a four-game road trip, the Canucks are in Dallas to take on the Stars Thursday.

After winning six straight games, the Canucks are now winless in their last three outings thanks to three consecutive 4-3 losses — two coming in the shootout and one in regulation against Dallas last week.

4 SPORTS

Flyers beat rival Penguins in slugfest



Pittsburgh Penguin Tanner Glass, right, fights with Wayne Simmonds of the Philadelphia Flyers in Pittsburgh on Wednesday. GENE J. PUSKAR/THE ASSOCIATED PRESS

Jakub Voracek scored the go-ahead goal with 1:31 remaining in the third period to cap a hat trick and lead the Philadelphia Flyers to a wild 6-5 victory over the Pittsburgh Penguins on Wednesday.

Voracek's third goal came 33 seconds after Pittsburgh's Brandon Sutter tied the game on a wraparound as the Penguins rallied from a pair of two-goal deficits in the third period.

Voracek's first goal of the game came on the power play, giving the Flyers a 3-2 lead with 9.9 seconds left in the second period. His second, the 200th point of his NHL career, put Philadelphia ahead by two goals 18 seconds into the third period.

On Wednesday

Flyers	Penguins
6	5

Wayne Simmonds had two goals and an assist and Nicklas Grossman also scored for the Flyers.

Goaltender Ilya Bryzgalov overcame a shaky start for his eighth victory.

Evgeni Malkin and James Neal scored power-play goals, while Sutter, Tyler Kennedy and Matt Niskanen also scored for the Penguins.

The Flyers capped a season-long six-game road trip with two victories. Philadelphia, which routed the New York Islanders 7-0 on Monday, struggled early on the road trip, dropping three of its first four games before recovering with two wins.

Tomas Vokoun, making his first start since a home loss against New Jersey on Feb. 10, took the loss.

THE ASSOCIATED PRESS

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Vancouver's Marino steps away from life in pro-tennis spotlight

Rebecca Marino pauses for a moment at her news conference on Wednesday in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Tennis. Former world No. 38 opens up about depression

CAM TUCKER
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On the day Vancouver's Rebecca Marino announced she was again stepping away from professional tennis, she publicly opened up about her battle with depression.

The 22-year-old Marino, who turned professional in 2008 and by 2011 had worked her way up to the No. 38 singles ranking in women's tennis, said during a conference call Wednesday that she did not "have the passion or enjoyment to drive myself to the level of which I would like to be at in professional tennis."

She began to realize that the "spark" was missing when she returned to the rigours of tournament play following this year's Australian Open.

The sacrifice of special family moments or time with friends has taken its toll.

"You're pursuing this tennis life and for me I'm just tired of missing that. That's just my personal feelings.... For me I feel that there's more to life than just tennis."

This marks the second time in her young career that Marino, who made it to the third round at the 2011 French Open, has stepped away from professional tennis.

She did the same thing in February of 2012 — she said at the time it was because of mental and physical fatigue — before returning after a seven-month hiatus.

She also revealed she has been battling depression for six years. It hit a low point last February.

She chose to step away from the sport last year, telling her friends and family about her depression. She is now seeing a therapist and taking medication.

"I've had days where I haven't been able to get out of bed. I've had days where I can't even put my clothes on," she said.

It's also been discovered that Marino has been the focal point of cyber-bullying on social-media sites, though she says that's not a main reason for this decision.

"I was getting some messages to me saying I should go die, I should go burn in hell, that I'm a dumb-ass, that I'm an idiot, that I lost them money. A wide variety of things and that's just scratching the surface."

Marino pointed out that she is stepping away from tennis, not retiring.

She has her sights set on applying to go to school in Vancouver.

"Live a normal life where I can see my friends on the weekends and that sort of stuff."

Top 10. The best to ever lace 'em up in Vancouver

THE HOCKEY NEWS
Edward Fraser
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In October, The Hockey News released the book Top 10 — Counting Down The Game's Wonderful, Wild, Weird and Wacky. Not included amongst the 65 lists is the top 10 Canucks, but Henrik Sedin's recent ascension to the top of Vancouver's career-scoring list got me thinking about the best all-time to pull on a Vancouver uniform. Here's my take, based solely on the player's contribution to the Canucks.

10. Thomas Gradin, C — Woefully underappreciated, Gradin is sixth all-time in team scoring despite playing only 613 games (a .90 points-per-game average).

9. Roberto Luongo, G —In 122 fewer games than No. 1 all-time Kirk McLean, Luongo already has 33 more wins for a total of 288, the Canucks record.

8. Mattias Ohlund, D — First among D-men in Canuck goals and points, Ohlund played 11 impressive years in Vancouver before moving on to Tampa.

7. Jyrki Lumme, D — Ohlund has the totals, but Lumme's goals and points per game are better.

6. Stan Smyl, RW — Third all-time in games played, Smyl spent his entire career in Vancouver and was beloved by its faithful. When he retired in 1991, he held team records for games played, goals, assists and points. He's currently a senior adviser to GM Mike Gillis.

5. Trevor Linden, C — The man many consider to be Mr. Canuck played 1,140 of his 1,382 career games on the West Coast. Linden was a class act, but also supremely talented early in his career (six seasons of 30-plus goals) before reinventing himself later on.

4. Pavel Bure, RW — Linden played more than double the amount of games, but Bure was electric during his seven years in Vancouver and easily holds the team's goals-per-game mark at .59.

3. Markus Naslund, LW — The man Henrik passed for No. 1 in Canuck career points (756). Naslund is still far ahead in goals (346). He won the Pearson Trophy in 2003, when he tallied 104 points.

2. Daniel Sedin, LW — Yes, goals are more important than assists, but how many of his 284 markers were a direct result of his bro's brilliant passing?

1. Henrik Sedin, C — A slight nod over Daniel based on the fact he's been marginally sturdier (33 additional games played) and holds the points record.

NBA

Grizzlies handle Rudy's Raptors

Zach Randolph had 17 points and 18 rebounds as the Grizzlies stretched their win streak to five games with an 88-82 win over the Toronto Raptors on Wednesday night.

Mike Conley had 17 points, six rebounds and six assists as the Grizzlies withstood a late rally by Toronto.

Alan Anderson caught fire in the fourth quarter, shooting four of five from three-point range and collecting 15 of his game-high 19 points.

The loss snapped Toronto's five-game win streak. It was the first game between Memphis (35-18) and Toronto (22-33) since their three-team trade on Jan. 31 that put Rudy Gay into a Raptors jersey. Gay finished with 13 points in the loss. THE CANADIAN PRESS

Raptors forward Rudy Gay
STEVE RUSSELL/TORSTAR NEWS SERVICE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	37	14	.725	—
New York	32	19	.627	5
Indiana	33	21	.611	5 1/2
Brooklyn	33	22	.600	6
Chicago	31	22	.585	7
Atlanta	29	23	.558	8 1/2
Boston	28	25	.528	10
Milwaukee	26	27	.491	12
Philadelphia	22	30	.423	15 1/2
Toronto	**22**	**33**	**.400**	**17**
Detroit	22	34	.393	17 1/2
Cleveland	17	37	.315	21 1/2
Washington	15	37	.288	22 1/2
Orlando	15	39	.278	23 1/2
Charlotte	13	41	.241	25 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	43	12	.782	—
Oklahoma City	39	15	.722	3 1/2
L.A. Clippers	39	17	.696	4 1/2
Memphis	35	18	.660	7
Denver	34	21	.618	9
Golden State	30	23	.566	12
Utah	31	24	.564	12
Houston	30	26	.536	13 1/2
Portland	25	29	.463	17 1/2
L.A. Lakers	25	29	.463	17 1/2
Dallas	24	29	.453	18
Minnesota	20	31	.392	21
New Orleans	19	36	.345	24
Sacramento	19	36	.345	24
Phoenix	18	36	.333	24 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS
Memphis 88 **Toronto 82**
Indiana 125 New York 91
Detroit 105 Charlotte 99
Cleveland 105 New Orleans 100
Minnesota 94 Philadelphia 87
Brooklyn 97 Milwaukee 94
Houston 122 Oklahoma City 119
Miami 103 Atlanta 90
Dallas 111 Orlando 96
Boston at L.A. Lakers
Phoenix at Golden State

TUESDAY'S RESULTS
Toronto 96 Washington 88
Charlotte 105 Orlando 92
Memphis 105 Detroit 91
Brooklyn 113 Milwaukee 111 (OT)
Chicago 96 New Orleans 87
Denver 97 Boston 90
Utah 115 Golden State 101
Phoenix 102 Portland 98
San Antonio 108 Sacramento 102

THURSDAY'S GAMES — All Times Eastern
Miami at Chicago, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	16	9	3	4	42	38	22
Pittsburgh	17	11	6	0	57	44	22
NY Rangers	15	8	6	1	39	38	17
Philadelphia	18	8	9	1	51	54	17
NY Islanders	16	6	9	1	46	57	13

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	16	11	4	1	46	35	23
Boston	13	9	2	2	37	31	20
Toronto	17	10	7	0	48	40	20
Ottawa	17	9	6	2	40	32	20
Buffalo	17	6	10	1	47	56	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	15	8	6	1	59	47	17
Winnipeg	15	6	8	1	37	47	13
Florida	15	4	7	4	35	56	12
Washington	15	5	9	1	41	51	11

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	16	13	0	3	55	34	29
Nashville	17	8	4	5	39	38	21
St. Louis	16	9	6	1	53	50	19
Detroit	16	7	6	3	43	48	17
Columbus	16	4	10	2	36	51	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	15	8	3	4	44	37	20
Minnesota	15	7	6	2	33	38	16
Edmonton	15	6	6	3	36	41	15
Colorado	14	6	7	1	37	43	13
Calgary	14	5	6	3	39	51	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	15	12	2	1	53	39	25
San Jose	15	8	4	3	39	34	19
Phoenix	16	8	6	2	44	41	18
Dallas	16	8	7	1	41	43	17
Los Angeles	14	6	6	2	33	37	14

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS
Philadelphia 6 Pittsburgh 5
St. Louis at Colorado
Los Angeles at Calgary

TUESDAY'S RESULTS
Montreal 3 NY Rangers 1
Winnipeg 2 Buffalo 1
Ottawa 3 NY Islanders 1
Tampa Bay 4 Toronto 2
San Jose 2 St. Louis 1
Nashville 4 Detroit 3 (OT)
Chicago 4 Vancouver 3 (SO)
Los Angeles 3 Edmonton 1

THURSDAY'S GAMES — All Times Eastern
Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

FRIDAY'S GAMES
Florida at Pittsburgh, 7 p.m.
Vancouver at Nashville, 8 p.m.
San Jose at Chicago, 8:30 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	12	13	25
Crosby, Phg	7	17	24
Stamkos, TBL	10	12	22
Kane, Chi	9	13	22
St. Louis, TBL	4	18	22
Zetterberg, Det	5	16	21
Tavares, NYI	11	9	20
Kunitz, Phg	6	13	19
Elias, NJ	4	15	19
Datsyuk, Det	8	10	18
Ribeiro, Wash	5	13	18
Malkin, Phg	3	15	18
Staal, Car	8	9	17
Moulson, NYI	7	10	17
Duchene, Col	6	11	17
Clarkson, NJ	10	6	16
Marleau, SJ	10	6	16
Lecavalier, TBL	6	10	16
Gagner, Edm	5	11	16
Thornton, SJ	4	12	16
Hall, Edm	3	13	16
Pominville, Buf	7	8	15
Toews, Chi	7	8	15
Hodgson, Buf	7	8	15
Kovalchuk, NJ	5	10	15
Sedin, Van	5	10	15
Steen, StL	4	11	15
Selanne, Ana	4	11	15
Purcell, TBL	4	11	15
Voracek, Phi	3	12	15

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Are you the forgiving sort? Probably not, but it will pay you to be a little less judgmental today, especially with people who are not as sharp-witted as you. Not everyone can be an Aries now, can they?

Taurus
April 21 - May 21
It would be nice if everyone was as honest and open as you, but they're not. So, take people as you find them and make allowances for those who fail to live up to your standards — that's just about everyone.

Gemini
May 22 - June 21
It will dawn on you today that some people don't want to be helped. So what's the problem? If others want to wallow in their own despair just let them. It's not really any of your business after all.

Cancer
June 22 - July 23
Let your imagination lead you in new directions today. As you think now so you will be later on, so give your mind permission to roam and don't worry that you may not accomplish much of a practical nature.

Leo
July 24 - Aug. 23
Put other people's needs ahead of your own today, even if you end up out of pocket. A few dollars here or there won't make much difference to you but it could make all the difference in the world to them.

Virgo
Aug. 24 - Sept. 23
If you have not yet reached your goals don't give up hope — and certainly don't blame it on other people. Be honest with yourself about where the blame lies and redouble your efforts over the next few days.

Libra
Sept. 24 - Oct. 23
You have everything to look forward to and nothing to fear. No, really! Whatever the reason for your doubts and fears, you must not waver from the tasks you have set. Keep going. You're almost there.

Scorpio
Oct. 24 - Nov. 22
Someone who fears or resents you will place obstacles in your path today and you would not be human if you did not feel a bit angry about it. But don't let your feelings show because that's what they are hoping.

Sagittarius
Nov. 23 - Dec. 21
Someone you love is finding it hard to make sense of their feelings. You, of course, have no such doubts and may be puzzled by their dilemma. Don't make fun of them though. They think it is deadly serious.

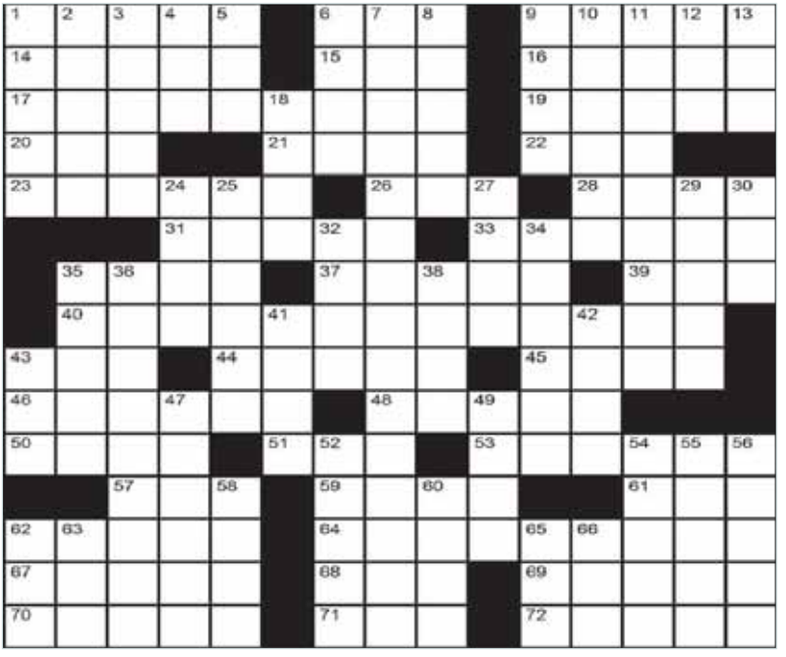
Capricorn
Dec. 22 - Jan. 20
You need to cut back on your commitments. According to the planets, you have taken on too many responsibilities of late — few of which are doing you good. It's time to be kind to yourself and ease off a bit.

Aquarius
Jan. 21 - Feb. 19
It might be best not to make any major decisions over the next 24 hours as the planets suggest you don't really know what you want. Leave it a couple of days and you are less likely to make a costly mistake.

Pisces
Feb. 20 - March 20
Neptune in your sign is making even quite simple situations look complicated. Both at home and at work you must think and act as if everything is fine, even if the opposite appears to be true. It's all about attitude. SALLY BROMPTON

Crossword: Canada Across and Down

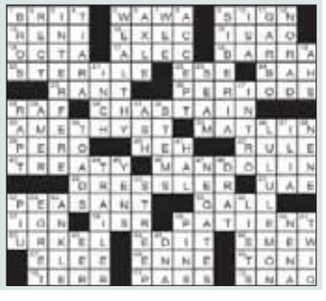
BY KELLY ANN BUCHANAN



Across
1. Church members
6. "Survivor" network
9. Singer/guitarist Colin
14. Outer's opposite
15. Ad __ committee
16. Kind of clover
17. Movie company founded in Vancouver in 1997
19. "Your show's starting!": 2 wds.
20. Go from _ __ B
21. Once __ a time...
22. Geog. coordinate
23. __-14 dating
26. Marked the ballot's little square box
28. 'Prem' suffix (Movie's first showing)
31. Monday: French
33. Reflection giver
35. Kilt wearer
37. Caper
39. Writer Mr. Fleming
40. "Sweet Jane" band helmed by Margo Timmins: 2 wds.
43. Writer Mr. Capote, to pals
44. Map detail
45. "Meet Me __ __. Louis" (1944)
46. Rant
48. More sweet
50. Alphabet sequence
51. TV __
53. Goodies
57. Sequence, for short
59. Petty quarrel
61. Egg mass
62. "The __ a man's heart...": 2 wds.
64. Alberta's provincial bird, Great __ __
67. Oscar-winner Tatum
68. 'Carot' completer
69. "Wake Up Little __" by The Everly Brothers
70. Like a Viking
71. '60s hallucinogenic
72. MTV target audience

Down
1. Light purple flower
2. Rita Moreno's role in "West Side Story" (1961)
3. The Koh-_-__ Diamond
4. Five + Five's total
5. Decade divs.
6. Gent
7. They're used to smooth frown lines: 2 wds.
8. Vista
9. Prison
10. Aquila constellation's brightest star
11. Whodunits
12. __-friendly
13. Li'l Ottawa hockey player
18. Fashion mentor Tim of "Project Runway"
24. Setback
25. Win at the auction
27. Music key, _ __.
29. Jokes-filled celebrity tribute
30. 'North' suffix
32. "__ of Thunder" (1990)
34. More yucky
35. Theatre curtain fabric
36. Montreal Canadiens great, Yvan __
38. Ballerina's garb
41. Singles
42. Concerning, on a memo: 2 wds.
43. Final amt.
47. Really big veins
49. Talk to ya later, e-mail-style
52. Archie Comics character
54. Sprang up
55. Haul a car to the garage: 2 wds.
56. Tennis great Monica
58. Chiquita competitor
60. Wilma's hubby
62. Got the gold
63. 'Volc' ender (Lava spewer)
65. Approx.
66. "__ South"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		3		4	6	9	
					5			8
2						1		3
	4		7			3	6	
				1				
	8	1			2		5	
5		7						6
6			5					
	3	9	4		1		7	

Yesterday's Sudoku

1	6	4	9	8	3	2	5	7
2	3	9	8	5	7	4	1	8
5	8	7	4	2	1	9	6	3
7	2	5	3	6	8	1	4	9
3	9	6	1	4	5	7	8	2
4	1	8	2	7	9	6	3	5
9	5	1	7	3	4	8	2	6
8	7	2	5	1	6	3	9	4
6	4	3	8	9	2	5	7	1

Today 7°/4° Rain 90%
Friday 7°/3° Rain 90%
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14kt scrap gold, per gram	$22.29	$27.02
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1 oz. Gold Maple Leaf Coin	$1,579.96	$1,627.02
Sterling Silver, per Gram	$0.59	$0.74
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.36	$15.71

Prices in this ad based on **gold** @ U$1,601.72 and **silver** @ U$29.30 and a USD/CAD exchange rate of 1.0128 on **February 19, 2013**, the day this ad was created.

Silver Coins and Bars

1 oz. silver bar	$30.43
10 oz. silver bar	$307.42
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Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$9.58
Canada 1967	$12.25
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